

the training of the reason and will and the requirement of useful habits or is devoted to the memorizing of symbolic knowledge. The imitative faculty is powerfully assisted by self-consciousness : this enables us to see ourselves and compare ourselves with others, and the impression which we gather may be a most efficient incentive to improvement or reform. Habits of mind now prevalent appear to be reinforcing the faculty of self-consciousness : its influence has extended very materially during recent centuries, especially amongst the peoples of Northern Europe and America. This reflection will assist us in explaining the acceleration of progress which is undoubtedly to be seen during the period of modern history.

Perhaps the most striking fact which has been brought out by these analyses is the antagonistic duality of our instinctive impulses : it is almost incredibly strange, but it seems to be true, that we live under the influence of contraries. We are urged towards change : variety pleases us, monotony fatigues us. But we have also a longing to repeat our mental and bodily experiences, and, if we give way to it, we become bond slaves of custom. We are impelled to look solely to ourselves, but also to neglect ourselves for the benefit of others, blindly to devote ourselves to

the propagation of our kind. with  
foresight and  
industry to make the most of Life's  
practical  
opportunities. We are naturally cruel.  
and also  
naturally kind. We are endowed with  
aesthetic  
appreciations which are heightened by  
self-  
abandonment : we are also endowed  
with ethical  
aspirations of which the ground note  
is self-  
control. Our vital organs are controlled  
by forces